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SEEMS AWKWARD RIGHT UNTIL
HE SHOOTS YOU **PAGE 17****Who is Rami
Abdurrahman?**His stats on killings and clashes in
Syria are the most reported in the
media, but should news outlets be
taking his word for it? **PAGE 10****Are pesticides
responsible?**Doctor from Argentinian farm
belt says population has gone
from fairly healthy to high
rates of cancer and birth defects **PAGE 8****CAST YOUR BALLOT!**After weeks on the campaign trail, it's time for your voice to be heard. Cast your vote today for mayor,
council and school board trustee. Stories, page 3. THE CANADIAN PRESS FILE**Official surprised
by high school cuts
despite giving order****Leaked emails.**
Flexibility and
increasing teacher
hours behind decisionCalgary's top public school of
ficial herself expressed shock at
the depths of budget cuts to city
high schools, even after previ-
ously signing off on the move
as a way to encourage "flexi-
bility" and require teachers to
log more instructional hours,
according to emails obtained
by Metro.The April email exchange
came as school principals re-
ceived their resource-allocation
funding and began expressing
concern over an 11 per cent
reduction in per-student grants.Chief Supt. Naomi John-
son first raised concerns to
former chief financial officer
Deborah Meyers about the cuts
the evening of April 19. But
Meyers countered repeatedly
that she was simply followingguidelines set out in a meeting
involving Johnson and super-
intendent of learning innova-
tion Cathy Faber.Meyers said in the email,
"You mentioned that for high
school, given the new direc-
tion, class sizes were not an
appropriate indicator and that
this force to 'larger class sizes'
fit in with the direction being
contemplated by the new direc-
tion and high school flexibility
initiative and the lower num-
ber of hours that teachers cur-
rently are required to provide.""There was much discussion
about changing the way high
schools delivered and that this
could be the catalyst."Johnson then responded, "I
understand and agree that was
our opinion. No one ever indi-
cated that it would amount to
11 per cent!"The revealing emails come
amid repeated complaints of
crowded grades 10 to 12 core-
subject classrooms, with some
cramming in more than 40 stu-
dents.Metro provided the emails
to Frank Bruseker, president of
the Alberta Teachers' Associa-
tion local, on Sunday. He said
the comments from Meyers
make it clear the cuts and re-
sulting impact to high schools
"were not accidental, but, in
fact, done by design."He also dismissed any
claims that high school teach-
ers work less than their peers
in the lower grades."In fact, I suspect many of
them would say they're work-
ing more, especially when you
factor in the volunteer time,"
Bruseker said.Johnson was not avail-
able for an interview Sunday,
a spokesperson said, but did
provide a statement claiming
the cuts to high schools ac-
tually came in at a much leaner
4.5 per cent. The statement
indicated Johnson would be
available for an interview
Monday.

JEREMY NOLAIS/METRO

MORE COVERAGE, PAGE 4

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What the experts say

Races to watch

Two northern wards with no incumbents and some battles between familiar foes have piqued the interest of political scientists, who will be watching closely as the votes roll in.

Lori Williams and Duane Bratt, both with Mount Royal University, and Paul Fairie with the University of Calgary all signalled a Ward 7 rematch between incumbent Druh Farrell and challenger Kevin Taylor as one that could signal overall support for or against the push by Mayor Naheed Nenshi to re-elect incumbents.

Others on Fairie's radar are the Wards 1 and 2 races, which have no incumbents. Fairie said he believes the race to replace Dale Hodges will boil down to Ward Sutherland and past challenger Chris Harper.

In Ward 2, however, Fairie sees no clear front-runner.

"I keep trying to figure out who's going to win — that's definitely the most open one," he said. Also on his radar is the Ward 8 race, where he said the Evan Woolley campaign has been picking up but still faces a steep climb to unseat incumbent John Mar.

Williams, meanwhile, said a rematch between incumbent Gael MacLeod and challenger Sean Chu has her curious.

"It will be interesting if the get-out-the-vote machine that's been associated with Conservatives in Calgary in the past plays a role there and I think the same thing applies in (Ward) 7," she said, adding such a push would aid Chu and Taylor. **JEREMY NOLAIS/METRO**

Candidates make last campaign push

Election day. Tight races predicted in a number of wards

Jon Lord fully expects to wake up Tuesday morning as mayor of Calgary.

"We have certainly had a huge impact in what was supposed to be a coronation," he said between visits with small-business owners during the last full day of campaigning Sunday.

"We have raised a whole ton of issues that likely wouldn't otherwise have been raised — I'm expecting to win."

Not a single analyst weighing in ahead of Monday's ballot appears to agree with the confident challenger — most have suggested incumbent Mayor Naheed Nenshi will receive somewhere between two-thirds and four-fifths of the total vote.

But there are races that many expect to be much closer, including Ward 2, where the battle to take the reins from longtime aldermen Gord Lowe appears wide open. Even candidates vying for the seat suggested Sunday that, if they do win, it will be by the narrowest of margins.

"I think it's going to be a four-way split.... Win or lose, I gave it my all," said Bernie Dowhan, who's pointed to traffic issues as the top concern in the northernmost riding.

Joe Magliocca, who finished as runner-up to Lowe in the past two municipal ballots, said he'd been hearing concerns from residents that fellow candidate Shawn Ripley doesn't actually live in Calgary. Ripley confirmed the validity of some



Ward 8 challenger Evan Woolley fields a call from a potential voter while setting off on his bike during the last full day of municipal campaigning Sunday. CANDICE WARD/FOR METRO

Eye on the prize

For information on how and where to vote, head to calgary.ca/election.

- Metro will have live coverage of all the important races throughout the day Monday. Keep up with the latest at metronews.ca.

land-title documents provided by the Magliocca campaign for a plot in Rocky View County, but said he lives in East Village.

Ripley said he wasn't surprised to see a move targeting his campaign.

"Some of the candidates are clearly seeing that voters are getting my message, my vision and what I'm doing," he said. "Last time I checked, owning land outside the city is not an issue."

Also running in Ward 2 are candidates Richard Poon and Terry Wong.

In Ward 1, another vacant seat, first-time candidate Ward Sutherland said he had organ-

ized teams of volunteers to wave at traffic Sunday, adding he too expects a tight race.

Sutherland said he believed what's resonating with voters is his business background and

the fact that he's the only Ward 1 candidate advocating "conditional support" for legalizing secondary suites. A Metro analysis last week suggested other Ward 1 hopefuls John Hilton-O'Brien, Chris Harper and Judi Vandenbrink support blanket legalization.

Closer to the city core, Ward 7 incumbent Druh Farrell said she always campaigns like she's 10 votes behind. "Every vote will count," she said.

Analysts are expecting a strong showing from Ward 7 challenger Kevin Taylor. He had not responded to requests for an interview at press time.

JEREMY NOLAIS/METRO

1 NEWS



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Candidates face dog bites, scantily clad constituents

Municipal election.

Strange things happen when you knock on thousands of doors



JEREMY NOLAÏS

jeremy.nolais@metronews.ca

Brian Pincott loves knocking on doors during municipal campaigns because he gets to “see people in their natural environment.”

Although the Ward 11 aldermanic incumbent admits sometimes things are better left to the imagination.

“I have been always surprised at the state of undress that people will answer the door in,” he said. “I haven’t hit a naked person this campaign, but on previous campaigns I have had a total of three naked people.”

Two potential voters this time around did greet Pincott in their skivvies, but he pressed on, hoping to secure important votes in what some believe will be a tight race between him and challenger James Maxim.

“You work very hard to maintain eye contact — sometimes it’s more challenging than you would like,” he said.

Timing can also be a concern, as incumbent Gian-Carlo Carra found out while trolling



Ward 11 incumbent Brian Pincott chats with a fully clothed constituent Sunday. Other prospective voters have greeted him wearing far less. CANDICE WARD/FOR METRO

through some Ward 9 communities during the series finale of *Breaking Bad*, encountering a perturbed fan along the way.

“I told him to go away,” Jared Folkmann related to Metro earlier this election season. “I think the literal translation was, ‘Dude, you’re interrupting *Breaking Bad*. Can’t talk. Bye.’”

Other candidates appear to have sacrificed their own skin in hope of securing a vote. Wards 6 and 7 school trustee candidate Trina Hurdman was left with teeth marks in her hand, courtesy of a neighbourhood pup.

She also encountered a Catholic parent who attempted to “convert” her, but she maintained the experi-

ence was well worth it.

“I thought I would hate door-knocking but I ended up loving it,” she said. “I was actually pleasantly surprised by how many people were well-informed.”

There are serious political encounters, too. Mayoral candidate Carter Thomson came across some Falun Gong supporters, who made a heartfelt

plea for the next mayor to take seriously the alleged persecution of their people by the Chinese government. Thomson said he was even shown a picture of a family member jailed in China.

“It moved me to tears, actually,” Thomson said Sunday. “It was insane... It’s not really city jurisdiction, but it was pretty screwed up world stuff.”

Board of Education

Class-size emails a prime example of need for change: Trustee candidates

Candidates hoping to snag a seat on the Calgary public school board of trustees reviewed on Sunday revealing emails about why high schools were cut heaviest during spring budgeting — and the resulting surprise from the organization’s top executive.

Not one had anything positive to say.

The emails, obtained exclusively by Metro, indicate Chief Supt. Naomi Johnson was surprised some high schools were dealing with an 11 per cent funding cut — even though another top official suggested it was partly her idea to do so to encourage more “flexibility” and require senior-student teachers to log more instructional hours.

“There was a massive disconnect between her understanding of the impact and what was actually transpiring,” said candidate Malik Amery.

Both Amery and fellow hopeful Trina Hurdman said the emails are prime example of why more business savvy is needed in the board’s upper ranks.

Elsewhere, challenger Larry Leach pointed to reports of 40 or more students crammed into classrooms as a real indicator of the magnitude of what was cut in the spring.

JEREMY NOLAÏS/METRO

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Letters of expectation deemed 'vague'

Provincial directive. Documents initially proposed to direct post-secondary institutions' research goals

Calgary's largest university has approved a "letter of expectation" it intends to send onto the government, but critics say

the goals outlined in such documents, being prepared around the province, are vague and watered-down from what the province initially pledged.

As the province announced a nine per cent cut to once-promised post-secondary funding March 7, Finance Minister Doug Horner said each school would be provided a mandate letter that would define its role going forward.

The documents — newly named "letters of expectation" — came later that month and critics quickly pointed out there were little difference between each. At the time, Advanced Education Minister Thomas Lukaszuk said it wasn't his job to "micromanage" institutions and that the letters were working documents.

But now a final letter formally approved by the University of

Calgary board of governors Friday appears to be "fairly broad," said students' union president Raphael Jacob.

It references outcomes like encouraging "Albertans to be global citizens" and making "prudent, responsible and transparent budgetary decisions within available resources."

Jacob said, on a good note, the document also raises few

alarm bells for students.

"It's much more (about) moving towards co-operation and working together rather than any sort of stated mandate or instruction from the government," he said.

Doug Short, president of the Alberta Colleges of Institutes Faculties Association, said he's seen similar drafts of a letter of expectation circulating around NAIT, where he works. Short

said he believes the province bit off more than it could chew when it pledged to begin drastically changing how institutions function.

"They're pretty much full of general statements," he said Sunday, adding, "It's kind of window-dressing."

JEREMY NOLAIS/METRO

To read the U of C's letter of expectation, head to metronews.ca.

FRFA. New home needed for hundreds of rescued cats

Dawn Hanson cares for 100 cats or more at any given time and came name them all without hesitation.

"We named these ones after cars," she said Sunday while reaching to pluck a youngster named Tacoma from a pile of playful kitties.

But Hanson and her team of a few dozen volunteers with the Feline Rescue Foundation of Alberta (FRFA) said the roughly 300 felines they care for annually are at risk as their current home is slated to be sold in early 2015.

Hanson said it may seem like her drop-dead-date is a long way off, but added she needs a very specific location to house her cats, most of which were abandoned by their owners.

If a new home can't be found, Hanson said it's likely many will have to be euthanized.

Hanson started the foundation in 2000 and has managed to get by on private donations. The costs are steep — roughly \$3,000 is spent per month on food alone and then there are fees associated with spaying and neutering. And the cats keep coming — Hanson said the tightening rental market



FRFA executive director Dawn Hanson JEREMY NOLAIS/METRO

has led to an "explosion" of calls from feline owners looking to surrender their furry friends.

To keep the cats fed, hydrated — and of course to provide plenty of cuddles — Hanson relies on a team of volunteers, including Laurie Gill, who has 11 rescue cats of her own at home.

"We need the public to step and realize what's going on," she said. "We need help."

FRFA has submitted a request for up to \$150,000 in funding through the Aviva Community Fund. To support that pitch, head to avivacommunityfund.org/ideas/acf17343.

JEREMY NOLAIS/METRO

Sunday morning

Suspect sought after sex assault

Calgary police are seeking the public's help after a woman was sexually assaulted early Sunday.

The incident occurred around 5:30 a.m. in the 2500 block of 36 Street NE. The victim was walking in the area at the time.

The suspect is described as a dark-skinned male, between the ages of 18 and 25, with dark hair and a heavy build. He was wearing a New Orleans Saints jersey and a flat-brimmed hat. METRO

Oilsands development

Bands still barred from hearings

The Alberta government says it won't reconsider recent decisions to bar two aboriginal groups from voicing concerns about oilsands developments on or near their traditional territories.

That refusal comes despite urgings from a Queen's Bench judge to loosen restrictions on who has the right to appear before boards making decisions on how development in the province can proceed. THE CANADIAN PRESS

Druh Farrell Councillor Ward 7

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A derailed CN tanker train carrying oil and gas is seen Saturday in Gainford, Alta., west of Edmonton.
COURTESY RCMP/THE CANADIAN PRESS

Evacuation order yet to be lifted after train derailment

Gainford. About 100 residents may be displaced for another two days, officials say

County officials west of Edmonton said residents of a village who were forced from their homes after a train wreck and fire were expected to be out of their homes for up to two more days.

Parkland County issued a news release on Sunday stating that its mandatory evacuation order for about 100 people in Gainford remains in effect.

Thirteen cars on a CN freight train carrying a cargo of oil and liquefied petroleum gas went off the

rails near the tiny hamlet, about 80 kilometres west of Edmonton, early Saturday.

There were two explosions reported and the community was evacuated as a precaution.

County spokeswoman Jackie Ostashek says some people were allowed to visit their properties late Saturday to care for animals.

Firefighters pulled back from the wreck and were waiting for fuel that has been escaping from some of the wrecked cars to burn itself out.

Three of the rail cars were carrying liquefied petroleum gas and caught fire, CN has said, while four freight cars that were carrying crude didn't break open.

The railway said in a

news release Sunday that CN crews worked overnight to move the four cars carrying crude oil a safe distance from the cars laden with liquefied petroleum gas.

The release also said one of the cars that was on fire had burned itself out.

Saturday's mishap occurred two days after residents in the Alberta community of Sexsmith were forced from their homes when four CN rail cars carrying anhydrous ammonia left the rails.

That followed the derailment of 17 CN rail cars, some carrying petroleum, ethanol and chemicals, in western Saskatchewan on Sept. 25.

There were no injuries in any of the derailments.

THE CANADIAN PRESS

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Argentina's agro-boom — is it poisoning its people?

Agrochemicals.

Pesticides may be the cause of health problems — from cancer to birth defects — in the country's vast farm belt

Argentine farm worker Fabian Tomasi wasn't trained to use protection as he pumped pesticides into crop dusters. Now, at 47, he's a living skeleton.

Schoolteacher Andrea Druetta lives in a town where it's illegal to spray agrochemicals within 500 metres of homes, yet soy is planted just 30 metres from her back door. Recently, her boys were showered in chemicals while swimming in their backyard pool.

Sofia Gatica's search for answers after losing her newborn to kidney failure led to Argentina's first criminal convictions for illegal spraying last year. But 80 per cent of her neighbours' children surveyed carry pesticides in their blood.

American biotechnology has turned Argentina into the world's third-largest soy producer, but the chemicals powering the boom aren't confined to soy, cotton and corn fields. The Associated Press documented dozens of cases where these poisons are used in ways specifically banned by existing law.

Now doctors are warning that uncontrolled pesticide use could be the cause of growing health problems among the 12 million people who live in Argentina's vast farm belt.

"The change in how agriculture is produced has brought, frankly, a change in the profile

of diseases," says Dr. Medardo Avila Vazquez. "We've gone from a pretty healthy population to one with a high rate of cancer, birth defects and illnesses seldom seen before."

Once known for its grass-fed beef, Argentina has undergone a transformation since 1996, when the U.S.-based Monsanto Company marketed a new model of higher crop yields and fewer pesticides through its patented seeds and chemicals.

In response to soaring complaints, President Cristina Fernandez ordered a commission in 2009 to study the impact of agrochemical spraying on health. Its initial report called for "systematic controls over concentrations of herbicides and their compounds."

Hospital records show birth defects quadrupled in the province of Chaco in the decade after genetically modified crops were approved. A medical team then surveyed 2,051 people in six towns, finding more disease wherever people are surrounded by farms.

In the farming village of Avia Terai, 31 per cent said a family member had cancer, compared with three per cent in the ranching village of Charadai. They also documented children with malformed skulls, exposed spinal cords and strange skin problems.

It may be impossible to prove a specific chemical caused an individual's illness. But doctors increasingly are calling for broader, longer-term and more independent research, saying governments should make the industry prove that the accumulated agricultural burden isn't making people sick.

THE ASSOCIATED PRESS



Two-year-old Camila Veron, born with multiple organ problems and severely disabled, stands outside her home in Avia Terai, Argentina, on March 31. It's nearly impossible to prove that exposure to a specific chemical caused an individual's cancer or birth defect, but doctors say these cases merit a rigorous government investigation.

ALL PHOTOS NATACHA PISARENKO/THE ASSOCIATED PRESS



Five-year-old Aixa Cano, who has hairy moles all over her body that doctors can't explain, sits outside her home in Avia Terai, Argentina.



Former farm worker Fabian Tomasi shows the condition of his emaciated body as he stands inside his home in Basavilbaso, Argentina. Tomasi's job was to keep crop dusters flying by quickly filling their tanks, but he says he was never trained to handle pesticides.

Spraying laws vary

23

Some of Argentina's 23 provinces ban spraying within three kilometres of populated areas; others say farmers can spray as close as 50 metres. About one-third set no limits, and rule-breakers are very rarely punished.

Chemicals in class

11

Teachers in Entre Rios began to file police complaints this year. They said sprayers failed to respect 50-metre limits at 18 schools, dousing 11 during class.

Cancer rates

4

In Santa Fe province, the heart of Argentina's soy industry, cancer rates are up to four times higher than the national average.

Birth defects

4

In Chaco, the nation's poorest province, children became four times more likely to be born with devastating birth defects in the decade since biotechnology dramatically expanded industrial agriculture.

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Opponents of a gay pride march throw stones at riot police in Podgorica, Montenegro, Sunday. Police used tear gas when protesters tried to push through cordons of police protecting the march. RISTO BOZOVIC/THE ASSOCIATED PRESS

Opponents of gay march clash with Montenegro police

Test. Pride marches seen as a test of country's commitment to human rights as it seeks to join the European Union

Police in Montenegro fired tear gas to repel anti-gay extremists who threw rocks and firebombs at officers protecting a gay pride march Sunday, officials said. About 60 people were injured.

The violence occurred

when the attackers tried to push through hundreds of police to reach those taking part in the march in Podgorica, the capital of the staunchly conservative Balkan country. After the march, the gay rights demonstrators were evacuated to a safe location in police vehicles.

Police said about 20 of the injured during the clashes were officers, and the remaining 40 were from "hooligan groups." About 60 of around 1,500 extremists who took part in the riots were arrested, police said.

March organizer Danijel

Quoted

"As of today, gay people are no longer invisible in Montenegro."

Danijel Kalezic, gay march organizer

Kalezic said the police protection allowed about 150 gay activists to walk peacefully through the city.

"As of today, gay people are no longer invisible in Montenegro," Kalezic said. "From today, these streets are ours as well."

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385 killed in October

Violence on the rise in Iraq

A suicide bomber slammed his explosive-laden car Sunday night into a busy café in Iraq's capital, part of a day of violence across the country that killed 45 people, authorities said. The bombing at the café in Baghdad's primarily Shiite Amil neighbourhood happened as it was full of

customers. The café and a nearby juice shop is a favourite hang out for young people, who filled the area at the time of the explosions.

The blast killed 35 people and wounded 45, Iraqi officials said.

Violence has been on the rise in Iraq following a crackdown by security forces on a Sunni protest camp in the town of Hawijah in April. **THE ASSOCIATED PRESS**

Morsi supporters

Tensions flare up again in Egypt

Egyptian anti-riot police fired tear gas Sunday at hundreds of supporters of the country's ousted Islamist president, besieging them inside a prestigious Muslim institution after stone-hurling protesters cut off a main road.

Sunday's clashes marked the second day of unrest at

Al-Azhar University, Sunni Islam's most prominent centre of learning.

Many supporters of ousted president Mohamed Morsi's Muslim Brotherhood are students at Al-Azhar, a stronghold of the group. The campus is also near where Islamists had a sprawling protest camp that security forces raided in August, leaving hundreds dead.

THE ASSOCIATED PRESS

Source on Syrian war data biased: Opponents

Controversial. Rami Abdurrahman sees competing allegations of bias as evidence that he's fair

Fishy?

Suspicion surrounds self-exiled Syrian Rami Abdurrahman. Who's behind him? Who is he? Should world media rely on his reporting?

- "Something is going on which is quite fishy," said As'ad AbuKhalil, professor, California State.

He's practically a one-man band, but Rami Abdurrahman's influence extends far beyond his small home in Coventry, England.

The 42-year-old operates the Syrian Observatory for Human Rights from his house and a review of recent media coverage suggests its tally of killings and clashes is the most frequently cited source for news organizations.

Abdurrahman says the Observatory relies on four unnamed activists in Syria and a

network of monitors.

But some say his figures need scrutiny. Opponents say he is in cahoots with opposition forces bankrolled by Gulf Arab states, skewing casualty figures to keep the spotlight off rebel atrocities. Others say he's in league with the Syrian regime.

THE ASSOCIATED PRESS



Rami Abdurrahman at his modest home in Coventry, England, from where his Syrian Observatory for Human Rights keeps a controversial tally of killings and clashes in the Syrian war. RAPHAEL SATTER/THE ASSOCIATED PRESS



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A Roma woman and kids at a camp near Farsala, Greece. THE ASSOCIATED PRESS

'Unusual case'

Greek police look at possibility of child trafficking

"We are dealing with a very unusual case. Usually, parents report a child's

disappearance and we look for the children. In this case, we have the child and we are looking for its (her) parents," said Regional police chief Lt. Gen. Vassilis Halatsis.

"So far, we have had calls from France, Poland, even the United States. We are looking at each case, to see if the ages match, and if there are similar features.

DNA testing will follow."

The couple accused of abducting the girl had used multiple identities to register 14 children in three different cities, of whom only four have been identified, Halatsis said. An examination of the birthdates of the children shows that the woman, at one point, was giving birth every four months, he said. Overall, the

couple received 2,500 euros (\$3,420) per month in state assistance.

"At this point, we can't say there is a child trafficking network involved, but we are looking at this possibility," the police chief said.

He added that there have been documented cases of Greek childless couples buying children for about \$20,500. **THE ASSOCIATED PRESS**

Greek police seek ID of abducted girl

Greece. A couple appears in court Monday charged with abducting a little girl found in a Roma camp

Roma people stroll about prefabricated homes in their camp, many of them smiling and seemingly carefree. But there is worry and resent-

ment.

Their community is at the centre of a child abduction case, with a Roma couple accused of abducting a blond, blue-eyed girl who is thought to be about four years old.

The Roma, a poor people in Greece, a country devastated by an economic crisis, try to make a living in the camp on the outskirts of the town of Farsala by selling fruit, carpets, blankets, baskets and shoes at local markets. They say they are already considered by some to be social outcasts, thieves and beggars.

Now, they fear they will be stigmatized as child traffickers.

The president of the local Roma community, Babis Dimitriou, hopes there is no backlash against the 2,000 Roma living in the community.

The case "doesn't reflect on all of us," he said on Sunday.

A 40-year-old woman and 39-year-old man have been charged with abducting a minor after police raided the camp. **THE ASSOCIATED PRESS**



Greece has requested international assistance in identifying this girl, 4, found living in a Roma camp. HO/AP

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Publication ban on teen killer's identity in dispute

B.C. 18-year-old was sentenced as an adult in the beating death of a 15-year-old girl



MATT KIELTYKA
Metro in Vancouver

Lawyers in the case of a B.C. teenager sentenced last week in the 2010 beating death of a 15-year-old jogger will be back to court to argue over whether a publication ban on his identity should be lifted.

Despite being sentenced as an adult and given the maximum sentence of life in prison, with no eligibility for parole for seven years, an interim publication ban prevents Laura Szendrei's killer, who was just days shy of his 18th birthday at the time of the murder, from being identified.



Rachael Szendrei, the mother of Laura Szendrei, blows a kiss to her deceased daughter as she leaves court in Surrey, B.C., on Friday. The young man who killed Laura was sentenced as an adult last Friday.

JONATHAN HAYWARD/THE CANADIAN PRESS

His defence had asked Justice Robin Baird for a youth sentence that carried a

maximum sentence of seven years, but Baird gave little consideration for what he

believed would have been an insufficient punishment.

"Given my assessment of the totality of this evidence, the accused is an untreated, sexually motivated murderer.... He represents a high-risk to re-offend," said Baird.

The offender pleaded guilty to second-degree murder.

The judge said the offender went to Mackie Park in Delta, B.C., that day with the intention of committing rape, having been involved in escalating incidents against female joggers in the months prior.

The offender lured Szendrei into a wooded area of the park and tried to put a cable tie around her neck. When she tried to escape, he beat her repeatedly in the head with a metal pipe.

She died from massive brain injuries in hospital.

Lawyers will go back to court to argue over the publication ban in January.

New Brunswick

Shale-gas project opponents gather at First Nation

Hundreds gathered at a community hall in New Brunswick Sunday to discuss their opposition of the development of a shale-gas sector in the province as they garnered support from Manitoba.

Chief Arren Sock said the meeting at Elsipogtog First Nation was a chance for people in his community to tell their stories. Chief Derek Nepinak said the assembly chiefs in Manitoba sent him to New Brunswick to stand in solidarity with the protesters.

THE CANADIAN PRESS

Saskatoon

Hunters accidentally burned by police pepper spray

Saskatoon police are reviewing their training procedures with a type of pepper spray after several

hunters were injured by the noxious gas during an exercise for officers outside the city.

The accident occurred Thursday when up to 10 civilians came into contact with OC Spray — causing what one described as "horrible burning" — at a firing range. A witness blamed a shift in wind direction for pushing the spray toward the hunters.

METRO IN SASKATOON

Politics

Four ridings up for grabs in byelections

The battle for opposition supremacy is on after Prime Minister Stephen Harper set Nov. 25 as the date for four federal byelections.

Harper called the byelections on Sunday for Toronto Centre, the Montreal riding of Bourassa, and the Manitoba ridings of Provencher and Brandon-Souris.

Toronto-Centre and Bourassa are longtime Liberal strongholds, but the NDP is making a concerted effort to snatch the two ridings away. THE CANADIAN PRESS



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BUSINESS

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Customers decide how to spend \$80M of H&M's charity money

Corporate responsibility. Fast fashion giant H&M lets customers decide philanthropy with online crowdsourcing



ELISABETH BRAW
Metro World News in London, U.K.

Why give money to good causes if your customers don't know about it? Global corporations are discovering how to get customers involved with philanthropy through crowdsourcing.

H&M will announce today an online poll that lets customers decide where the fashion chain's philanthropic arm should spend SEK 500 million (about \$80 million).

"We felt that it was im-

portant to know what people consider vital," explains Helena Thybell, global manager for H&M Conscious Foundation. "And it's a good way of creating engagement: what are people passionate about? There are lots of people around the world who really care and are concerned about the future of the planet."

Other consumer product giants such as Ford and Pepsi have already tried crowd-sourced philanthropy.

"It accomplishes the company's goal of making their customers aware of their CSR (corporate social responsibility)," notes Mari Kuraishi, co-founder and president of globalgiving.org, which connects people with causes that suit their taste.

es that suit their taste.

"We think this is a great way to empower our staff and customers," H&M CEO Karl-Johan Persson tells Metro.

"Their votes will have a real impact as they determine what the H&M Conscious Foundation should focus on (in) the coming years."

But while voting might be fun, how much good will the resulting projects do?

In some cases it may be little more than a publicity stunt, says Kuraishi, but it also gets CSR on consumers' agendas: "If consumers are involved, they'll talk about it with their friends. By contrast, you wouldn't dig up a company's CSR report and talk about it with your friends at the pub."



Model Jennie Runk in an H&M swimsuit ad.
COURTESY H&M

Global giving

H&M's new crowd-sourced philanthropy campaign means you can shop and do good at the same time.

- **Pick your passion**
There are five options to choose from, ranging from clean water to women's empowerment. The top three picks will be funded by H&M for a multi-year engagement.
- **Expert input**
A panel of experts, including Catholic Archbishop Desmond Tutu, narrowed down the shortlist of beneficiaries.
- **Online ballots**
Customers can vote at makeadifference.hm.com.



Karl-Johan Persson, CEO of Swedish fashion retailer H&M, right, says his company's crowd-sourced charity campaign will empower customers to help change the world. MARC FEMENIA/TT NEWS AGENCY/THE ASSOCIATED PRESS

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- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
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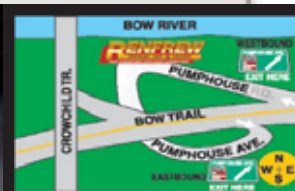
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VOICES

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Monday, October 21, 2013

VOTING MEANS CARING ABOUT CALGARY

The 2013 municipal election campaign has been a downright snoozer.

In fact, I'm wondering how many people actually reading this column this morning actually knew we were supposed to be heading to the polls. Without a hot mayoralty contest (apologies to all running against Mayor Naheed Nenshi, but you don't carry a big enough gun) it's felt pretty darn flat.

So does that make this election any less important? No. Quite honestly, municipal politics and policies affect us more on a day-to-day level than any provincial or federal legislation. The traffic we find ourselves constantly stuck in, garbage removal, sewage disposal, transit, new construction, the cost of doing business; the shots are basically called at city hall. But how many of us can even name our (soon-to-be-named) councillor?

And while there's no one charging up the battlements



High Plains Drifter
James Callsen
calgary@metronews.ca

to take down Nenshi, remember that he's only one voice on council along with 14 others. It's not like he has veto power like Obama or can prorogue city council like the Governor General or prime minister can Parliament.

It means that every single person who runs for council carries the same weight and is there to represent the interests of the people in their respective ward. Don't like transit in your neighborhood? Think your community is underserved when it comes to recreation services? Talk to your councillor.

So as you read this column today, think of all the little things the City of Calgary is responsible for in your day-to-day lives.

Then think about the things you like about it, the things you'd like fixed and the things that you definitely don't want to see happen. The way you can control and shape those things is at the ballot box today.

Spend some time today to do some research

Take 15 minutes on your morning coffee break and look at the candidates running in your ward. Look at who's running against Nenshi.

Take 15 minutes on your morning coffee break and look at the candidates running in your ward. Look at who's running against Nenshi. Maybe there's something there you like, maybe not, but you are doing your civic duty like every Calgarian should and being just engaged enough to give a damn for 20 minutes.

Then take that information you gleaned, go to the polling station and cast your ballot.

Everyone has something they want to change about our city. The best way to do it is at the polls.

So even if you've barely raised an eyebrow this election cycle, do your job and raise a pencil to the ballot.

ZOOM

Nelson Mandela larger than life



Spray paint artist captures a leader

Street artist Victor Landeta spray paints a portrait of former South African leader and human rights activist Nelson Mandela on a sliver of the former Berlin Wall on Saturday in Kleinmachnow, Germany. Ailing Mandela recently spent three months in a hospital and is now receiving treatment at home. GETTY IMAGES

Famous quote

"There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living." Nelson Mandela



Former German chancellor Willy Brandt on a sliver of the former Berlin Wall. He received a Nobel Peace Prize for attempting to warm relations between West Germany and countries in the Soviet Bloc. GETTY IMAGES

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows users to buy directly from the artist at prices that tend to be beautifully affordable. Cool, right? But, wait! It gets better. You can preview albums in their entirety before purchasing anything, making it the perfect mixture for supporting Canadian talent like this.



CONTRIBUTED

No Babies:

The debut (I assume) album from this Dartmouth group is pure sugary bliss from the opening seconds. A heady mix of electro-pop and beach-y guitar jams. The only complaint I have is that it wasn't released in June. (thenobabies.bandcamp.com)

Viet Cong:

A supergroup of sorts, made up of veteran Calgary musicians who have mastered the sort of stark post-punk that seems more at home in Manches-

ter than anywhere in Alberta. Fans of the dearly-missed Woman, once one of the country's most promising young bands, will find both familiar sounds and familiar members here. (vietcong.bandcamp.com)

Hooded Fang:

Good old fashioned garage rock, delivered with crashes and bangs. If that sounds like your kind of thing, and it should, give their latest album Gravez a spin. There's literally nothing to not like in there. (dapsrecords.bandcamp.com)

Twitter



@1puttB: 2013 and we still have slavery?

@metropicks asked: One MP will introduce a private member's bill to protect unpaid workers. What's the best solution?

@TheGr8stManEvr: Elect Justin Trudeau to a majority.

@KMouse66: Fine the employers for exploiting slave Labour.

@wgb75: Dont take non paying jobs in first place.

@Denniszride: deny workplaces from using interns.

@cndougherty: definitions will be critical - how will this impact the Canadians who volunteer?

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London, England

Depp salutes horror-film star Christopher Lee

Johnny Depp has made a surprise appearance at the London Film Festival to give a career honour to horror icon Christopher Lee.

Depp called Lee "a national treasure" and "a genuine artist" as he presented the 91-year-old actor with a British Film Institute Fellowship on Saturday.

He said it had been "a childhood dream come true" to work with Lee. The two actors appeared together in Tim Burton's *Sleepy Hollow*, *Dark Shadows* and *Charlie and the Chocolate Factory*. **THE ASSOCIATED PRESS**



Christopher Lee and Johnny Depp
INVISION FOR BEI/THE ASSOCIATED PRESS

Movie rankings

Gravity's box office shows no signs of returning to Earth

Topping the box office for the third straight week, the space adventure *Gravity* continues to be the box-office juggernaut of the fall. The film, starring Sandra Bullock, earned \$31 million US over the weekend, according to studio estimates. Tom Hanks' Somali pirate drama *Captain Phillips* held in second place at the box office. **THE ASSOCIATED PRESS**



From left, Clark Gregg, Brett Dalton and Chloe Bennet in a scene from Marvel's *Agents of S.H.I.E.L.D.*, JUSTIN LUBIN/ABC/THE ASSOCIATED PRESS

Agent Coulson, man of steel (and milquetoast)

Television. Actor Clark Gregg's geeky alter ego proves both bad-ass and boyish as the star of *Agents of S.H.I.E.L.D.*

Like the character he plays, Clark Gregg has worked his way up the career ladder.

Five years ago, he played Agent Phil Coulson for the first time as a small role in the Robert Downey Jr. romp *Iron Man*.

Now, after gaining an ever-higher profile as Coulson in subsequent projects, including last year's mega-hit *The Avengers*, Gregg has broken out as the star of Marvel's *Agents of S.H.I.E.L.D.*, the new acronymic

sci-fi thriller airing on CTV which finds Coulson leading a hand-picked band of agents on their extra-special missions.

Gregg's own mission: to savour his spot as No. 1 on the Marvel's *Agents* call sheet after years of diverse, solid and often acclaimed work that, nonetheless, fell short of making him a household name.

Gregg, 51, has earned his new prominence. As Coulson, he projects a mild demeanour (except when he doesn't) and a boyish smile (except when he takes dead-aim with his weapon or busts a bad guy in the chops). He's a tangy blend of milquetoast and steel.

And he looks good, though not too good, in his habitual company-man business suit.

When super-agents take selfies

"Coulson loves his job. He's jaded; he's seen too much, but he can really geek out. You could imagine him doing selfies with crazy alien corpses! I'm making that up, but he's WAY into what he does."

Actor Clark Gregg, who stars as Agent Phil Coulson on Marvel's *Agents of S.H.I.E.L.D.*

"Coulson never takes his suit off," said executive producer Maurissa Tancharoen, speaking from Los Angeles, "whether he's on the beach, in the jungle ..."

"But at the risk of spoilers," stepped in fellow exec producer Jed Whedon, "you will see him in a future episode — sans tie!"

"The show doesn't take itself too seriously," Gregg noted gratefully during a recent chat

in New York, "except in the moments when it needs to. The rest of the time it has a real sense of humour. I'm going to Taser you and watch Supernanny while you drool into the carpet: That's just not the kind of line I've gotten playing an agent in something else," like, for instance, *The West Wing*, where he had a recurring role as, yes, an FBI special agent.

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20 years on, TLC biopic charts spats, struggles and tragedy

Blast from the past.

When VH1 realized how much the trio resonated with its audience, it set out to tell their tale

For Rozanda "Chilli" Thomas and Tionne "T-Boz" Watkins, there were several uncomfortable moments watching actresses portray them in a new TLC biopic.

But it was especially strange to watch Lil Mama, who played the role of the late Lisa "Left Eye" Lopes — the third member of the Grammy-winning R&B group who died in a car crash in Honduras in 2002.

"She totally came into character," Chilli said of Lil Mama, who wore contacts to mimic Left Eye's distinct-

ively large, dark pupils. "It was kind of scary. The resemblance was just crazy at times. Naturally, she kind of had some of the similar characteristics like Lisa. It was kind of eerie at times for us."

Alongside Lil Mama, Keke Palmer stars as Chilli and Drew Sidora as T-Boz in the film, *CrazySexyCool: The TLC Story*, which premieres Monday on VH1. The two-hour movie chronicles the trio's rise to fame, their drama-filled love lives — famously including Left Eye burning down the house of lover and former NFL player Andre Rison — group spats and financial struggles, despite two multiplatinum albums.

"You never know how you look to someone else until you see for yourself," T-Boz said. "It was weird. It was very weird seeing my haircut on Drew. ... To see them do

our dance moves really took us back."

This is VH1's first biopic in nearly 10 years since Michael Jackson's *Man In the Mirror: The Michael Jackson Story* in 2004.

"When we looked at all the artists that would resonate with our audience, TLC was, like, on top of the list," said Jill Holmes, the network's senior vice-president of West Coast production and development.

A Behind the Music on the group and *The Last Days of Left Eye* were both highly rated. "Our audience came of age listening to TLC and our young viewers grew up listening to their songs. So it seemed like a perfect fit."

TLC debuted more than 20 years ago and became one of the bestselling female groups of all time. They addressed serious topics such as the



In this 1995 photo, the band TLC, from left, Rozanda "Chilli" Thomas, Tionne "T-Boz" Watkins and Lisa "Left Eye" Lopes, pose outside New York's Radio City Music Hall before the start of the 12th Annual MTV Video Music Awards. The Grammy-winning trio's rise to fame is chronicled on *CrazySexyCool: The TLC Story*. THE ASSOCIATED PRESS FILE

dangers of AIDS in *Waterfalls* and the unrealistic expectations of beauty in *Unpretty* and had No. 1 smashes with *No Scrubs* and *Creep*, and

their 1994 album, *CrazySexyCool* is diamond-certified.

Chilli hopes their movie can show how resilient TLC has been despite all the ups

and downs. The two surviving members continue to move forward as a group, releasing their greatest hits album, 20, last week. THE ASSOCIATED PRESS

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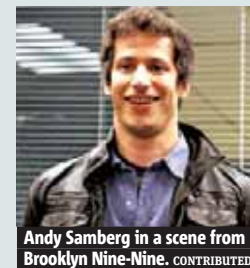
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Television

New Girl, Brooklyn Nine-Nine to air after Super Bowl

Fox says the plum post-Super Bowl slot next February will be filled by two of its comedies. *New Girl* and freshman series

Brooklyn Nine-Nine will air on Fox after the game that's typically TV's most-watched program. Fox also gave *Brooklyn Nine-Nine* another vote of confidence Friday, announcing it's ordering nine more episodes for a full season of 22 episodes. The sitcom stars Andy Samberg as a police detective. THE ASSOCIATED PRESS



Andy Samberg in a scene from *Brooklyn Nine-Nine*. CONTRIBUTED

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Wedding Bell finally tolls for Kristen as she marries Dax in spontaneous style

After a very long engagement, Kristen Bell and Dax Shepard have reportedly tied the knot in an incredibly low-key and spontaneous ceremony, according to TMZ. "We just haven't gotten it together on a Saturday to get to the courthouse," Bell told E! News recently when asked about the delay. "It's just out of laziness that we haven't actually done it yet." Bell and Shepard did finally make it to the Beverly Hills City Clerk's Office this weekend, and though they planned to just get their marriage licence, sources say they ended up going ahead and taking the plunge. Bell and Shepard had been engaged for years but refused to wed until same-sex marriage was reinstated in California.



Kristen Bell and Dax Shepard
ALL IMAGES GETTY

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

What's wrong Charlie, you don't like money?



STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Charlie Hunnam left the production of 50 Shades Of Grey. A) He didn't want to end up in a Robert Pattinson-type situation, being forever known for one terrible role. B) He finally got around to reading the books. C) Creative differences. D) He hates money. E) His feelings were hurt when Britney Spears said she wanted James Franco to play Christian.

Martha Stewart said of Gwyneth Paltrow that she hopes she's "authentic" and that, "She wants to be a lifestyle arbiter — fine ... I think I started this whole category of lifestyle." Martha continued, "also, everything is mine and you can't have any. Neener-neener. Are your goats trained to make their own cinnamon-scented candles?"



Meg Ryan is returning to TV where, "she will play a sunny, devoted and non-confrontational mom who returns to a publishing house where she was once a brilliant editor." Don't tell me! Don't tell me! Her boss will be Tom Hanks and they will bicker and then they'll have polite sex. Did I get it right? Is there a prize?

Model Kat Torres says she's dating Leo DiCaprio and calls him "amazing." Leo's rep denies the two are or have ever been a couple and that, Kat, is how a non-disclosure contract works. Now you'll know for when you start dating Bradley Cooper.

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Skin care

Pregnancy routine

Your growing body will experience new issues, including itchy skin and stretch marks. And certain ingredients, like your trusty retinol cream, are now off-limits.

Dermatologist Debra Jaliman, author of *Skin Rules*, lets you in on your new skin-care routine.

What are some skin issues for pregnant women?

One of the biggest issues for expectant mothers is melasma, when pregnant women get brown discoloration on their face. So it's very important to use a broad-spectrum SPF 30 sunscreen every day, rain or shine. Pregnant women are also often very itchy, so it's important to use mild cleansers when washing the skin and also

to take short showers and avoid hot water.

How should pregnant women take care of their skin?

It's important to use a moisturizer when getting out of the shower and avoid vigorously towel drying. Instead, pat the skin dry gently.

Are there any products to avoid?



Pregnant women should avoid retinol. ISTOCK

Certain products should be avoided. These include retinol, salicylic acid, hydroquinone, kojic acid and benzoyl peroxide. METRO

Exclusively online

Are your kids ready to pop some hashtags? Find out with Metro content from Lyrranda Martin Evans and Fiona Stevenson, authors of the bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices. Hashtag your reasons on social media to #reasonsmommydrinks



All fun and games till your kid's schedule stresses everyone out

Extracurricular activities. Are hockey, soccer, tennis, swimming and piano lessons too much?



IT'S ALL RELATIVE
Kathy Buckworth
kathybuckworth.com

When I was a kid, like many of my friends I would race home after school so I could change and get outside to play. We used to run from door to door, calling on other kids to come out.

You know the word "play", right? Besides when it's referencing a video game? We would stop playing only for dinner and homework and the occasional episode of *Get Smart* or *The Partridge Family*.

Our time was, for the most part, totally unstructured, unless you consider being told to "be home when the streetlights go on" as structure.

I did also learn how to play badminton, squash, tennis, and took swimming and skating lessons. Most happened on the weekend, leaving our weekdays relatively free. Free, compared to the schedules of many kids today, including my own.

When all four of mine were engaged in sports, I needed a spreadsheet to keep track of it. My book *Shut Up & Eat* was mostly inspired by the fact that family meals became more about logistics than they did nutrition, and might have included consideration of what one can eat in a car on the way to the hockey arena.

Many parents are driving themselves and their vehicles to the brink all week as they ferry children from karate to guitar to skating to tournaments and extra practices and the dreaded of all time-suck activities — the "Rep" level team, be it hockey, soccer, swimming, etc.

(I remember myself at age eight, and my sister at 10 taking the city bus by ourselves to swimming lessons. Shock-

ing.)

There are many theories as to whether exposing our kids to this type of structure and (arguably) overscheduling is good for them.

On the positive side, they learn teamwork, commitment, engage in physical activity and/or cultural stimulation. Critics would say it's stressful for them and that they don't know how to amuse themselves for longer than it takes to wait for a brother's gymnastics lesson to end.

My advice? Pick and choose the way you spend their time, your time and your money when deciding on extracurriculars. Check your bank balance, your calendar and make sure it's something they want to pursue versus your own interest or those of their friends. Investigate responsibilities for fundraising, out of town tournaments and equipment costs before committing.

After all, in the words of William Shakespeare, "The play's the thing," isn't it?



Parents should choose their child's activities carefully. ISTOCK

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Nutty Thumbprint Cookies get two thumbs way up

1. In bowl of stand mixer fitted with paddle attachment, cream butter with brown sugar on medium speed for 3 to 4 minutes or until very light and fluffy. Add egg and vanilla; beat until well combined. Into another bowl, sift together flour, cornstarch, baking powder and salt; stir in almonds and add to

Ingredients

- 1-1/4 cups (300 ml) unsalted butter, softened
- 3/4 cup (175 ml) packed dark brown sugar
- 1 egg
- 1 tsp (5 ml) pure vanilla
- 2 cups (500 ml) all-purpose flour
- 1 cup (250 ml) cornstarch
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) ground almonds
- 1/4 cup (50 ml) icing sugar
- 1 jar (375 g) PC Decadent Cookie Spread



This recipe makes 65 cookies. PRESIDENT'S CHOICE

creamed butter mixture. Mix on low speed just until combined. Cover bowl with plastic wrap. Chill for 1 hour or until mixture is firm.

2. Preheat oven to 350 F (180 C). Line three baking sheets with parchment paper.

3. Using scant tablespoon (15

ml), scoop dough, form into 1-inch (2.5 cm) balls and place on one baking sheet, spacing 1-1/2-inches (4 cm) apart. Make a thumb indentation in each ball. Bake in centre of oven for 10 to 12 minutes or until evenly golden and crisp. Cool slightly on baking sheet. Gently press thumb into indentation. Cool cookies fully on baking sheet.

While one batch bakes, scoop more dough onto second baking sheet. Let baking sheets cool fully before re-using to bake more cookies.

4. Sift icing sugar over cooled cookies. Using two spoons or a piping bag, fill cookie centres evenly with cookie spread, using entire jar. PRESIDENT'S CHOICE

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Pumpkin pie

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Touted for having one of the widest and most diverse selections of cameras, equipment and supplies while employing some of the most knowledgeable and friendly staff, the Camera Store is geared towards photographers of all different levels, says marketing co-ordinator Evelyn Drake.

"We want to help people get started in photography, but also help them get to the next level," Drake says. "People experiment in all sorts of different styles and genres and we have people here that are going to speak their language and have the same passion. We have people who can talk the talk and walk the walk."

The Camera Store is excited to share this fall's latest in cameras and technology with a new selection of new products coming

soon, Drake says. "We will be reviewing and field testing several of the new cameras on our online video channel, which can be viewed at youtube.com/thecamerastoretv."

The Camera Store is offering a print series in November that will appeal to photographers, including advanced black and white printing, advanced printing workshop, and the printing basics workshop for beginners.

For more, visit thecamerastore.com.



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Highland dress sales and rentals are another specialty. The shop can assist you in the purchase or rental of your complete Highland kilt outfit. The kilts are made in Scotland and custom kilts are offered from the traditional eight-yard kilt, the casual kilt and the informal Cargo kilt.

A complete range of kilt accessories including Prince Charlie jackets, Crail and Sherriffmuir jackets, dress and semi-formal



CONTRIBUTEE

sporrans, and other accessories are also available. You can express your clan affiliation with your Highland Dress accessories by proudly adding your own clan crest to Sgian dhu, sporran or belt buckle.

For the ladies, there are tartan sashes, mini kilts, kilted skirts and cocktail length. You can also rent the complete highland kilt outfit for Celtic weddings and special events, including the latest trend out of Scotland — the black kilt.

For the piping enthusiast, consider bagpipes from Strathmore, D'Naill, McCallum, Shepherd and Pipers Choice.

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“Our program teaches essential planning skills in marketing, operations, finance and risk management,” McMillan-Evans says. “It helps new entrepreneurs know what support they need and where they can access it. It gives them a firm foundation to build or improve a business.”

Mount Royal’s entrepreneurship



CONTRIBUTED

program can be completed within two months, which is appealing to busy, aspiring young entrepreneurs, with most courses on the weekend and some courses available online.

Perhaps one of the biggest benefits is that students can develop their business plan during the program and have it evaluated by instructors, who are small business owners themselves and have helped hundreds of people start businesses, McMillan-Evans says.

“Students have the opportunity to tap into the power of collective brainpower from a classroom full of entrepreneurs while also funneling the extensive experience of the program instructors.”

Successful local businesses whose owners have taken the course include Una Pizza, Naked Leaf, Naaco food truck and many others.

For more information, visit conted.mtroyal.ca/smallbusiness.

FINANCING BUSINESS GROWTH

Say you have a small business in need of a loan. You are growing and you would like some extra money for an expansion project. Sales are going up, and you are making a nice profit. It should be an easy sell to the bank, right?

Not necessarily, especially if you don’t do your homework, says Pat Latour, senior vice-president, financing and consulting at the Business Development Bank of Canada (BDC).

“If you’re going to expand, you’ve got to have a plan. If you don’t, you can jeopardize the rest of the business that is doing well.”

Many businesses walk into a bank’s office without the right planning and then are surprised when their loan request is turned down.



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How do you get your ducks in a row for a successful loan request? First, take time to work out your anticipated return on the investment, including not just the cost of the fixed asset, but also the way your business operations will change as you grow.

Second, it’s vital to think about your timing when applying for a loan. Businesses often wait too long, Latour says. Instead, they use cash flow to finance major expansions or, even worse, wait until they are facing a cash crunch to see the bank.

“One of the biggest reasons businesses fail or an expansion doesn’t succeed is a lack of working capital. It’s always easier to get financing beforehand than when you have a timing crunch.”

Latour advises fast-growing businesses to meet their banker every year to get a pre-approved loan for capital expenditures, which they can draw on instead of tapping working capital. Such a credit facility also lets a business react more quickly to opportunities since it doesn’t need to apply for a new loan each time it needs funds.



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INFO NIGHT, NOV. 26, 5-8 PM

THOMAS JEFFERY IS ALWAYS IN STYLE

Taking men to a new level of fashion satisfaction, Thomas Jeffery Men's Wear has been a proud Calgary retailer for 45 years and counting for good reason.

With internationally renowned products reflecting the latest trends in fashion, Thomas Jeffery provides a winning combination of fine fabrics, world-class tailoring and knowledgeable service, says manager Tim Beggs.

"Our clients trust us to make them feel and look influential in our community," Beggs says. "From business leaders to students, they all want to look great and we'll help get them there."

Whether it's an important meeting, a crucial job interview or a wedding, Thomas Jeffery Men's Wear can provide it all.

"We think our clients deserve a little reward and want to help them look their

best," Beggs says.

Most of the products are tailored in Canada while both locations — in the South Centre Mall and the Scotia Centre — provide on-site tailoring to provide the all-important fit.

"Our knowledgeable staff provides great style and wardrobe advice and we also provide home or office consultations," Beggs says.



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OPTIKO EYEWEAR

Offering the finest assortment of designer frames and sunglasses from around the world, it's no wonder Optiko Eyewear in Sunridge Mall was voted top eyewear retailer in 2013.

Optiko carries a diverse selection of premier and luxury eyewear from esteemed international brands, but it's the highly-trained optometrists, licensed opticians and frame stylists providing clients with the highest standards of consultation that makes Optiko the cream of the crop.

"Our mission is to exceed our patients' expectation with a level of service and attention to detail that is matched with a desire to educate," says Optiko eyewear manager and partner Lenor Haymour. "We believe that our growth should be driven by testaments of unparalleled satisfaction."

By attending international conferences and expos, Optiko Eyewear provides customers with the latest fashions and trends with top brand names in designer frames and sunglasses, including Prada, Tom Ford, Versace, Dior, Tiffany & Co. and Chrome Hearts.

"We strive to provide our clientele the



CONTRIBUTED

hottest designer eyewear from around the world and the product lines we offer are arguably the best in the city," Haymour says.

Visit Optiko Eyewear, top eyewear retailer for 2013, in Sunridge Mall or optiko.ca. Follow them on Facebook at [facebook.com/OptikoEyewearCalgary](https://www.facebook.com/OptikoEyewearCalgary).

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IT'S TIME TO BUY INTO THE E-COMMERCE REVOLUTION

E-commerce is revolutionizing the way Canadians do business, but Canadian entrepreneurs are missing out.

Just 10 per cent of small businesses were selling online last year, Statistics Canada says. Meanwhile, Canadian consumers spent an estimated \$21 billion on online purchases last year, up nearly 30 per cent in just two years, according to research firm eMarketer.

"The world is moving toward this type of commerce," says Anita Bezeau, assistant vice-president, information and communication technology solutions at the Business Development Bank of Canada (BDC). "Canadians are online, but Canadian businesses aren't there. The result is Canadian consumers are buying online from the U.S. and other countries."

The good news is that it's never been easier or cheaper to get started in e-commerce. No longer do businesses need to invest huge sums in an e-commerce website. You can create a sales-ready site with no programming knowledge using free services such as OpenCart and PrestaShop, or inexpensive providers such as Shopify and eBay Stores.

TIPS FOR E-COMMERCE SUCCESS

1 Start small: Don't get bogged down trying to create a huge, high-end website featuring hundreds of products. Start with a free or low-cost e-commerce site, and test three or four products to gauge customer interest while working out the kinks in your ordering and fulfilment process.

2 Test and learn: Don't expect to succeed with your first efforts. "It's really about learning," says Anita Bezeau, assistant vice-president, information and communication technology solu-

tions at the Business Development Bank of Canada (BDC). "Technology allows us to do and test quickly and economically."

3 Be attractive: Feature attractive product images, clear descriptions and an easily navigable layout so visitors can quickly find what they are looking for and make a purchase. Also, engage visitors with fun and educational extras — how-to tips for products, interesting videos and background information on the story of your company.

These sites come with an online shopping cart, product catalogues and the ability to pay via credit cards or other methods, such as PayPal. Also included are options for customer reviews and feedback, and data on your sales to help you track performance.

"If you know how to use email, you can build an e-commerce site in 15 minutes," says Harley Finkelstein, chief platform officer at Shopify, a leading e-commerce

website provider.

E-commerce can level the playing field for small businesses, including those in small towns, Finkelstein says. Online sales allow you to punch far above your weight in attracting customers. With a well-designed website, a small business can reach as many people online as a much larger company. Plus, your site can be seen worldwide 24 hours a day, and Internet marketing tends to be cheaper than traditional methods.



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SMALL BUSINESS WEEK

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'Round the world wisdom

**Beyond words
not your
feelings**

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM
THE DESERT
Stefan Danis
life@metronews.ca

A number of people I met at speaking engagements where I presented my Gobi story announced they too wanted to run the desert. Over time, a large group was set to join me for the Sahara Race in 2011.

The majority of people who said they would and even signed up to run the Sahara never actually made it to the start line. Somehow life got in the way and their feelings championed over their word. Research shows that our vocabulary has 309 known words to describe human emotions — two-thirds of which, astonishingly, are negative. Our brain fires negative emotions 10 times more frequently than it does positive ones. Do the math! Odds are that individuals will experience a negative reaction to 95 per cent of events that occur. What does this mean? Our heads are filled with reasons not to do things.

When you choose to follow through with your word as opposed to your feelings, your life is actively changed as a result. You can now be counted on to do what you said you would, and to do so with enthusiasm.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Legends of the labour force

**Back in my
workday...** Author of
A Good Day's Work
hopes to preserve
memory of Canada's
vanishing jobs

When John DeMont was completing his book about vanishing traditional jobs in this country — think lighthouse keeper or milkman — he found A Good Day's Work had become much more than just a discourse on how some Canadians bring home the bacon.

"It sort of morphed into this book about Canada, using the disappearing work as a jumping-off point to talk about different aspects of Canada and the different things that are going," says the Halifax-based journalist and author.

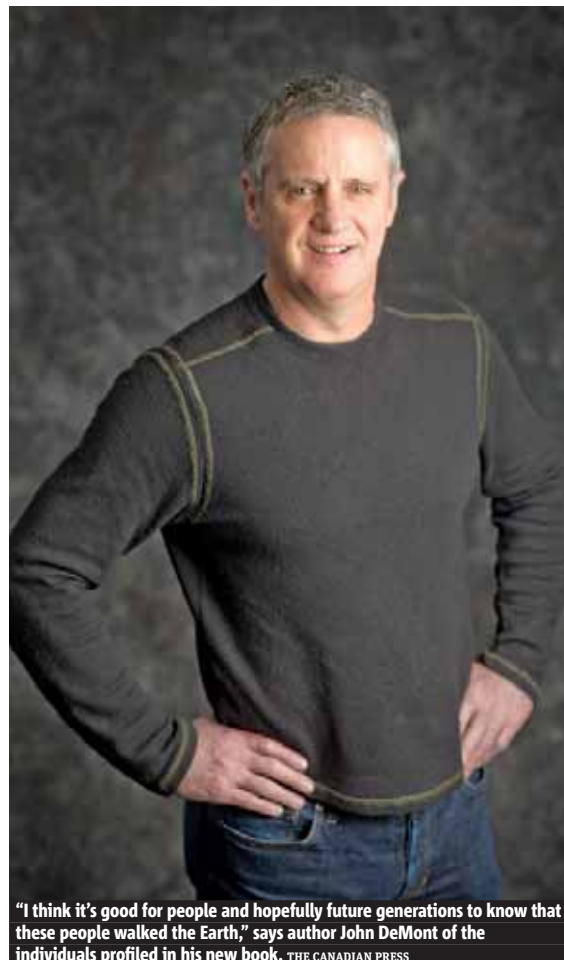
"Not just work," he says, but "the iconic Canada — close-knit communities and small towns and everybody knowing everybody and being interested in a positive way."

A Good Day's Work: In Pursuit of a Disappearing Canada

Passé professions

A Good Day's Work profiles a variety of disappearing vocations

- Among them a blacksmith, a travelling salesman and engineers on Via Rail's flagship train the Canadian, which takes awe-struck passengers from Toronto to the lakes and forests of northern Ontario, across the prairies and through the Rockies to Canada's Pacific terminus, Vancouver.



"I think it's good for people and hopefully future generations to know that these people walked the Earth," says author John DeMont of the individuals profiled in his new book. THE CANADIAN PRESS

(Doubleday Canada) seems a natural followup to his previous book, 2009's Coal Black Heart: The Story of Coal and the Lives it Ruled, a history of coal mining in Nova Scotia and the toll that disasters in the deeps took on colliers and their families.

Ancestors on both sides of his family were part of that history — one grandfather went down into the pit at age

11 to mine the black gold — but DeMont's father eschewed what had been the family business to work above-ground as a stockbroker.

And as the author writes in the prologue of A Good Day's Work, growing up as a child in Halifax was an idyllic time for him — and for the country as a whole.

His reference year — 1967, when he was 11 — sees Can-

Cool careers

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them."

John DeMont
Author of A Good Day's Work

ada celebrating its 100th birthday, with millions drawn from around the world to Expo 67 in Montreal, the Canadian economy at its post-war peak and the Toronto Maple Leafs winning their last Stanley Cup.

It was also a time when the milkman still delivered cows' bounty to many homeowners' doors, beef came from family-owned and family-worked farms, and parents and kids — and hormone-fuelled teens — piled into the station wagon on a summer's night to take in a drive-in movie.

It is that world that DeMont evokes in A Good Day's Work, or rather what is left of it, as he tracks down Canadians still engaged in time-honoured work, the kind of jobs that built this country but are perhaps soon to be but a memory.

While natural resources jobs — forestry and fishing, for example — might have seemed an obvious fit, DeMont chose to go beyond "guys in the woods" and look into a broad range of skills among people in different parts of the country.

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them," the 57-year-old explains during a recent visit to Toronto, one stop on a cross-country, multi-city book tour.

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Golf

Allen comes away with Hickory victory in Carolina

Michael Allen won the Greater Hickory Classic on Sunday in Conover, N.C., for his second Champions Tour title of the year and fifth overall, beating Olin Browne with a birdie on the first hole of a playoff.

Allen closed with a 5-under 65, also birdieing the par-5 18th in regulation to match Browne at 13-under 197 at Rock Barn.

THE ASSOCIATED PRESS

NASCAR

McMurray lights up Talladega

Jamie McMurray won at Talladega Superspeedway in a nearly clean race until rookie Austin Dillon lost control on the final lap Sunday, allowing the winner to coast across the line under caution in Alabama.

It was McMurray's first win in the NASCAR Sprint Cup Series since 2010.

THE ASSOCIATED PRESS

MLB



"We knew he was going to be a key contributor toward

the back end of the bullpen." Red Sox manager John Farrell on his closer Koji Uehara, the ALCS MVP. The 38-year-old right-hander got the job after neither Joel Hanrahan nor Andrew Bailey lasted. Boston beat the Detroit Tigers 5-2 in Game 6 of the ALCS on Saturday and will face the St. Louis Cardinals in the World Series.



Andrew Luck tries to avoid the tackle by Broncos defensive end Malik Jackson on Sunday in Indianapolis. The Colts won 39-33. AJ MAST/THE ASSOCIATED PRESS

Tough Luck: QB spoils Peyton's return to Indy

NFL. Colts hand Broncos their first loss after fending off comeback

Andrew Luck threw for three touchdowns and ran for another Sunday night, outplaying predecessor Peyton Manning in a 39-33 victory over the previously unbeaten Denver Broncos.

The victory ended the Broncos' 17-game regular-season winning streak in the first game Manning played against his former team since being

released in March 2012.

Manning finished 29 of 49 for 386 yards with three TDs and one interception. He was sacked four times and tried to rally the Broncos (6-1) late.

But the Colts (5-2) took advantage of his and Denver's uncharacteristic mistakes.

Luck converted an early fumble into a TD pass. Indy got nine points out of a second-quarter strip sack, and Luck scored on a 10-yard run in the third quarter, a drive helped by a series of defensive penalties. When the Broncos finally had a chance to tie it, Manning was intercepted. **THE ASSOCIATED PRESS**

Around the NFL

- **Jets 30, Patriots 27.** Geno Smith threw a touchdown pass and ran for another score as the Jets (4-3) topped Tom Brady and the Patriots (5-2) in overtime.
- **Bills 23, Dolphins 21.** Mario Williams forced a fumble with less than three minutes left, setting up the winning field goal.
- **Chargers 24, Jaguars 6.** Philip Rivers threw for 285 yards and a TD, Ryan Mathews ran for 110 yards and a score, and the surging Chargers (4-3) showed little, if any, issues with a short week in Jacksonville, Fla.
- **Cowboys 17, Eagles 3.** Tony Romo threw for 317 yards and one touchdown and Dallas overcame a sluggish start to take sole possession of first place in the NFC East with a win in Philadelphia.

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4 SPORTS

Veterans help Blue Jackets get back in win column

NHL. Umberger, McElhinney lead the way in ending Columbus' 4-game slide

Although it was only the eighth game of the season, it was already vital for the Columbus Blue Jackets to show some improvement.

A pair of thirty-somethings led the way.

R.J. Umberger scored his first goal of the season with 8:46 left to help make a winner of Curtis McElhinney as the Blue Jackets ended a four-game losing streak with a 3-1 victory over the Vancouver Canucks on Sunday night.

"It's a good feeling," said coach Todd Richards, given a nice present on his 47th birthday. "I sense in the locker room there's some relief. As the losses started piling

On Sunday	
3	1
Blue Jackets	Canucks

up, obviously the pressure amps up as well. The win will alleviate some of that."

The 31-year-old Umberger had yet to score this season.

"It's a good first step for us to get out of the hole we were in," he said. "It was a gutsy challenge we had and we had to find a way to win."

McElhinney, making his first appearance for the Blue Jackets, had 37 saves — including several clutch ones while Columbus protected a one-goal lead.

"I just felt relaxed in there," said the 30-year-old McElhinney.

THE ASSOCIATED PRESS



The Blue Jackets celebrate R.J. Umberger's game-winning goal on Sunday night in Columbus, Ohio. MIKE MUNDEN/THE ASSOCIATED PRESS

NHL. Predators' Hutton puts up wall as Jets fail to launch at MTS Centre

Carter Hutton made 37 saves and Patric Hornqvist scored the game-winner as the Nashville Predators beat the Winnipeg Jets 3-1 Sunday night.

Hutton, a 27-year-old making just his second NHL start after spending most of his career in the AHL, picked up his first career win. Nashville coach Barry Trotz chose to rest starter Pekka Rinne after the team's Saturday night win in Montreal.

Eric Nystrom and Matt

On Sunday	
3	1
Predators	Jets

Cullen added goals for Nashville, while Evander Kane had the lone Winnipeg goal.

THE CANADIAN PRESS

NHL

Ducks ridiculously good since losing on opening night

Emerson Etem got his first career short-handed goal late in the second period after Corey Perry scored twice to tie the game, and the Anaheim Ducks extended their best start in franchise history

with a 6-3 win over the Dallas Stars on Sunday.

The defending Pacific Division champions have won seven straight following a 6-1 loss at Colorado on opening night, tying the longest streak in club history. Anaheim captain Ryan Getzlaf had a goal and three assists, and Teemu Selanne extended his goal streak to three games.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION		GP	W	L	OT	GF	GA	Pt
Detroit	9	6	3	0	24	23	12	
Toronto	9	6	3	0	30	22	12	
Boston	7	5	2	0	20	10	10	
Montreal	8	5	3	0	26	15	10	
Tampa Bay	8	5	3	0	26	21	10	
Ottawa	8	3	3	2	21	24	8	
Florida	9	3	6	0	20	32	6	
Buffalo	10	1	8	1	13	28	3	

METROPOLITAN DIVISION		GP	W	L	OT	GF	GA	Pt
Pittsburgh	8	7	1	0	31	19	14	
Carolina	9	4	2	3	22	26	11	
NY Islanders	8	3	3	2	25	23	8	
Columbus	8	3	5	0	19	22	6	
Washington	8	3	5	0	21	25	6	
New Jersey	8	1	4	3	17	26	5	
NY Rangers	7	2	5	0	11	29	4	
Philadelphia	8	1	7	0	11	24	2	

Sunday's results
Columbus 3 Vancouver 1
Anaheim 6 Dallas 3
Nashville 3 Winnipeg 1
Saturday's results
Pittsburgh 4 Vancouver 3 (SO)
Edmonton 3 Ottawa 1
Colorado 4 Buffalo 2
Florida 2 Minnesota 1 (SO)
Nashville 2 Montreal 1
Chicago 3 Toronto 1
Boston 5 Tampa Bay 0
New Jersey 4 NY Rangers 0
Washington 4 Columbus 1
Carolina 4 NY Islanders 3
Phoenix 5 Detroit 2

MLB PLAYOFFS

ALCS
BOSTON RED SOX VS. DETROIT TIGERS
(Boston wins series 4-2)
Saturday's result
Boston 5 Detroit 2
NLCS
ST. LOUIS CARDINALS VS. L.A. DODGERS
(St. Louis wins series 4-2)
Friday's result
St. Louis 9 L.A. Dodgers 0

WESTERN CONFERENCE

CENTRAL DIVISION		GP	W	L	OT	GF	GA	Pt
Colorado	8	7	1	0	27	12	14	
Chicago	8	5	1	2	23	19	12	
St. Louis	7	5	1	1	27	19	11	
Nashville	9	5	3	1	19	22	11	
Minnesota	9	3	3	3	19	22	9	
Winnipeg	9	4	5	0	22	25	8	
Dallas	8	3	5	0	20	28	6	

PACIFIC DIVISION		GP	W	L	OT	GF	GA	Pt
San Jose	8	7	0	1	39	16	15	
Anaheim	8	7	1	0	30	19	14	
Phoenix	9	5	2	2	27	26	12	
Los Angeles	9	6	3	0	24	22	12	
Vancouver	10	5	4	1	27	29	11	
Calgary	7	3	2	2	23	26	8	
Edmonton	9	2	6	1	26	36	5	

Note: Two points for a win, one point for overtime loss.
San Jose 6 Calgary 3
Los Angeles 5 Dallas 2
Monday's games — All Times Eastern
San Jose at Detroit, 7:30 p.m.
Colorado at Pittsburgh, 7:30 p.m.
Calgary at Los Angeles, 10:30 p.m.
Tuesday's games
Anaheim at Toronto, 7 p.m.
Vancouver at NY Islanders, 7 p.m.
New Jersey at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Edmonton at Montreal, 7:30 p.m.
Washington at Winnipeg, 8 p.m.
Nashville at Minnesota, 8 p.m.
Calgary at Phoenix, 10 p.m.

CFL

WEEK 17

EAST DIVISION		GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20	
x-Hamilton	16	8	8	0	389	437	16	
x-Montreal	16	7	9	0	412	424	14	
Winnipeg	16	3	13	0	333	512	6	

WEST DIVISION		GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26	
x-Saskatchewan	16	11	5	0	468	339	22	
x-B.C.	16	9	7	0	435	425	18	
Edmonton	16	3	13	0	362	450	6	

Sunday's results
Montreal 36 Hamilton 5
Thursday's game — All Times Eastern
Winnipeg at Toronto, 7:30 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Sunday's results
Cincinnati 27 Detroit 24
San Diego 24 Jacksonville 6
Carolina 30 St. Louis 15
Washington 45 Chicago 41
N.Y. Jets 30 New England 27
Buffalo 23 Miami 21
Dallas 17 Philadelphia 3
Atlanta 31 Tampa Bay 23
San Francisco 31 Tennessee 17
Green Bay 31 Cleveland 13
Kansas City 17 Houston 16
Pittsburgh 19 Baltimore 16
Indianapolis 39 Denver 33
Monday's game — All Times Eastern
Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Sunday's results
New York 3 Houston 0
San Jose 0 Los Angeles 0
Saturday's results
Montreal 2 Philadelphia 1
FC Dallas 2 Seattle 0
Colorado 3 Vancouver 2
New England 3 Columbus 2
Chicago 1 Toronto FC 0
Portland 0 Real Salt Lake 0

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Horoscopes

Aries

March 21 - April 20
Something you think is important is in fact trivial and the sooner you realize that fact the better off you will be.

Taurus

April 21 - May 21
A relationship matter that has been worrying you for weeks will fade in significance today. Maybe it isn't as bad as you thought it was. Time will tell.

Gemini

May 22 - June 21
Every upheaval is an opportunity in disguise and soon you will realize that fate has been prodding you to move in a new and more profitable direction. All you have to do is get moving.

Cancer

June 22 - July 23
As Mercury, planet of the mind, turns retrograde today so the way you look at your life will change. However, this particular cosmic event has a way of playing tricks on people, so don't make any drastic moves just yet.

Leo

July 24 - Aug. 23
You may be upset that something or someone has gone out of your life but it is all part of the process of growth and change. The world never stands still and nor should you. Move on in your life.

Virgo

Aug. 24 - Sept. 23
It takes courage to hold a view that few other people agree with and more courage still to express that view openly. But you are not the sort to back down and will insist on having your say. Let's hope you are right!

Libra

Sept. 24 - Oct. 23
Throw away your schedules and timetables. With Mercury moving retrograde today there is really no point in making plans. Take each moment as it comes.

Scorpio

Oct. 24 - Nov. 22
Ideas you once supported don't seem so attractive now but you are still reluctant to give up on them. Until you do you won't be able to take advantage of the new insights that enter your mind.

Sagittarius

Nov. 23 - Dec. 21
If you are smart you will keep your opinions to yourself. You may be desperate to prove a rival wrong but the planets warn it won't be as easy as you think.

Capricorn

Dec. 22 - Jan. 20
Let colleagues know how you feel today but don't get emotional about it. If they can see that you are affected to such an extent they may decide to up the pressure, hoping you will break.

Aquarius

Jan. 21 - Feb. 19
Some tough decisions will have to be made, the kind of decisions where you upset more people than you please. Fortunately you are not the sort to worry about that. You enjoy rocking the boat.

Pisces

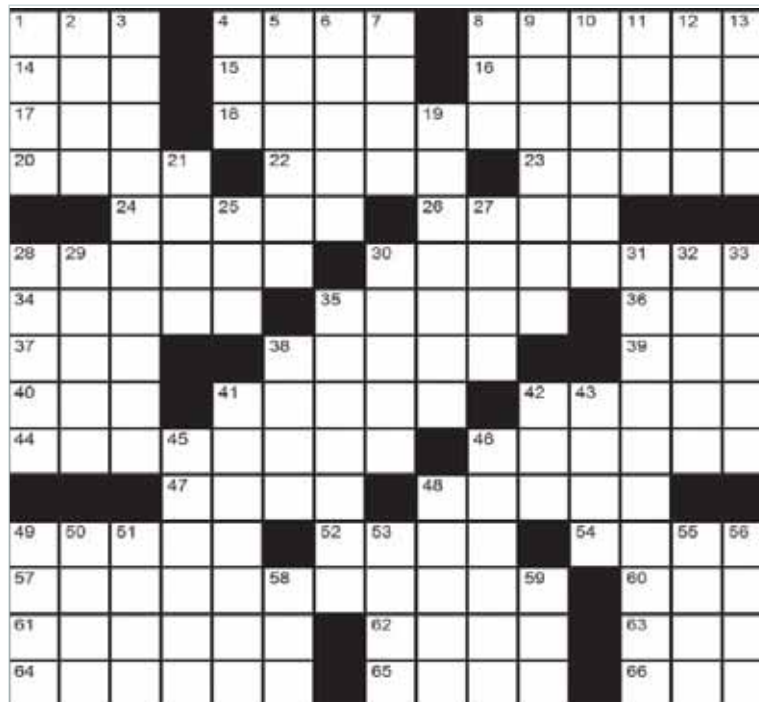
Feb. 20 - March 20
You may not be a rule breaker but there is one rule that annoys you so much you are determined to smash it. That's fine but don't forget that actions have consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- A-li'l-_-will-d'ya
- Gas station name
- Rejects
- Football's Mr. Manning
- "_ she blows!"
- Set the dial: 2 wds.
- Vroomer
- Toronto-born singer of "Old Skool Love": 2 wds.
- Modeller's buys
- Island off of Newfoundland
- Beau _ (Gracious action)
- Megan of "Smash"
- Gone With the Wind land
- 1991 Tragically Hip album: "Road _"
- Canadian insurance and financial services company
- Lively rhythms
- Adjust margins, say
- Capture
- Disney deer
- Carries
- Put down, slang-style
- Gladiator's 300
- Circled
- I'm; _; He's...
- Forest for Robin Hood
- Lab device, _ burner
- Where the White



- House is, _ _ _.
48. Kindled again
49. " _ _ Before Dying" (1991)
52. In the thick _ _
54. Restaurant receptacle
57. Consumer watchdog program on the CBC
60. Rosemary's Baby

- novelist Mr. Levin
61. Seasonable
62. "Aren't _ _ lucky one?"
63. "Lost in Love" soft rockers with a Supply of it
64. Gobbles food, in slang
65. Johnny Carson's predecessor Jack

66. Chap

Down

- Casino pack
- Court game, with Jai
- Charlottetown, 'The _ of Confederation'
- Airport schedule

- Changes
- " _ Truffle" by The Beatles
- Real thing, for short
- Female saint in France [abbr.]
- Fish and Chips, Shepherd's Pie ...and more: 2 wds.
- Artificial

- Vintage autos
- Food package abbr., _ _
- Loudness of sound unit
- As sheet music is
- River deposit
- Guitarist Mr. Paul
- Santa _ (Hot winds)
- Sir Guinness, and others
- Salt amount
- _ out (Dished)
- The _ Revolution
- Laissez- _
- Buddy of "The Beverly Hillbillies"
- Peter Weller '80s Sci-Fi flick
- Step heavily
- "...to thine _ be true..." - Shakespeare
- Montreal airport code
- Taking care of things: 2 wds.
- Daredevil
- "You _!" (That's right!)
- Lasso
- Tbsp., et al.
- Ballet world's Karen
- "My Friend _" ('50s sitcom)
- Acrobat's feat
- Opera song
- Stick sort
- Mr. Cobb's
- 'Profit' suffix

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 16°
MIN: 5°

TUESDAY



MAX: 15°
MIN: 5°

WEDNESDAY



MAX: 6°
MIN: 2°



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WEEKDAYS 5:30 AM



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TO MAKE CALGARY EVEN BETTER!

A GREAT CITY...



There's no doubt that we live in a great city. This year, the Economist ranked Calgary as one of the top five cities in the world in which to live -- a remarkable accomplishment for such a young place.

Together, we've created a place where there is opportunity for all. We continue to attract business and people to live, work, invest, and raise families here. In a recent poll, 91 per cent of Calgarians said that this is a city on the rise. Calgarians are proud to live here, excited about our potential, and happy about the services they receive from their city. And we do it all with the lowest property taxes of any major city in Canada.

Three years ago, you gave me the incredible opportunity to serve as your mayor, and I presented 12 Better Ideas. I'm happy to report that we have accomplished or made significant progress on 10 of them, including building major road infrastructure, four new recreation centres, and three new libraries, eliminating the Park and Ride fee, and creating a long range plan for Calgary Transit - as well as making your city government work better.

I'm proud of what your City Council has done over the last three years and I encourage you to learn more about our record by reading the report card at nenshi.ca/3yearsofprogress.

HOW TO VOTE

VOTE!

- ★ Election Day is Today!
- ★ Go to Nenshi.ca/vote or call us at 403.806.0614 for more information about how and where to vote.
- ★ Don't forget to bring your driver's license or other authorized ID. A list of other authorized ID options can be found at Nenshi.ca/vote.

...EVEN BETTER

EVEN BETTER GROWTH

Great cities have, at their heart, great neighbourhoods. Whether you live in the inner city or a new suburb, your neighbourhood should be a great place to live, with the services and amenities your family needs. This also means ending the \$4,800/house sprawl subsidy. See nenshi.ca/growth

EVEN BETTER TRANSPORTATION

Great cities are places where it is easy to travel by car, transit, bike, or on foot. We must continue to make investments that reduce congestion, make your transit commute easier, and make cycling and walking to work or school a safe and desirable option. See nenshi.ca/transportation

EVEN BETTER COMMUNITY

Great cities are great places for everyone. We must continue to invest in parks, recreation facilities, libraries, arts and culture, and emergency services -- both new facilities and upgrades to existing ones. We must also tackle the housing crisis to make sure everyone has a safe and decent place to live. See nenshi.ca/community

EVEN BETTER GOVERNMENT

Great cities have a government that is centred on people. We must continue to eliminate red-tape, make it easier to get the services you need from the City, and improve how the City engages you about decisions that affect your neighbourhood. See nenshi.ca/government

IF YOU BELIEVE IN THIS VISION, PLEASE VOTE.

It is true that there is a small group of homebuilders who are spending a lot of money supporting candidates opposed to our shared vision of the city. Ask your council candidates where they stand on these issues. Learn more at nenshi.ca/questions

ENCOURAGE YOUR FRIENDS AND FAMILY TO VOTE.

- ★ Spread the word in person, by text message, and on social media. You can even turn your Facebook or Twitter profile purple by using the tools at Nenshi.ca/purple.
- ★ Take your family and friends to the polls and make it an event. Let's keep voter turnout high!
- ★ Show your friends that you voted by visiting justvoted.ca.